

Adaptive Guide Tips & Advice



COVID-19: Orientation and Mobility

Plan all details of your day

Consider where you might need assistance from a stranger or a sighted guide. Plan accordingly for all scenarios.

Involve family and friends

Don't be afraid to ask for assistance. Ask a healthy, sighted family member or friend to provide guiding assistance and ask them to run errands.

Wear protective equipment

Wear a mask & gloves if possible. Bring extra gloves to change as you move from person to person or place to place. Dispose of them properly.

Use voice guidance

Be able to follow someone by a voice guide rather than touch. Strangers may not assist you due to social distancing guidelines.

Use a guide's back when necessary

Place your hand on a guide's back if a physical connection is necessary, but wear gloves & a mask to protect yourself and others.

Bring a back-up cane.

Use a back-up cane so a guide can hold one end & you can hold the other to maintain a distance of 6 feet or more.

Remember to wash your hands, disinfect your cane, or disinfect your dog harness and other items when you return home.